

# **A few almonds or nuts a day boosts 'good' cholesterol and protects against heart disease**

- **Just 43g improves cholesterol levels by 19% and plaque removal from the body**
- **Previous research reveals an increase in good cholesterol reduces heart disease**
- **Adding almonds into the diet has multiple benefits aside from heart health**
- **The healthy snack also contains a good source of fats, vitamin E and fibre**

A handful of almonds a day boosts 'good' cholesterol levels, new research reveals.

Eating the nuts every day increases levels of so-called 'good' cholesterol while also improving plaque removal from the body, a study found.

Just 43g of almonds improves good cholesterol levels by 19 percent, as well as boosting the removal of its 'bad' counterpart, research reveals.

Previous research reveals an increase in good cholesterol, and a decrease in bad, reduces a person's risk of heart disease.

Study author Professor Kris-Etherton from Pennsylvania State University, said: 'If people incorporate almonds into their diet, they should expect multiple benefits, including ones that can improve heart health.

'They're not a cure-all, but when eaten in moderation - and especially when eaten instead of a food of lower nutritional value - they're a great addition to an already healthy diet.'



• A handful of almonds a day boosts 'good' cholesterol levels, new research reveals

## **SNACKING ON ALMONDS, WALNUTS AND PECANS IMPROVES BOWEL CANCER SURVIVAL BY 57%**

Eating nuts reduces your chances of dying from bowel cancer, a study revealed back in May.

Colon cancer patients who regularly tuck into the healthy snack after their treatment have a 57 percent lower risk of premature death, the findings show.

It also reduces the risk of the cancer returning by 42 percent, the research adds.

Tree nuts - including almonds, pecans and walnuts - have the biggest benefits, while peanuts and peanut butter do not have any impact.

Researchers advise bowel cancer patients enhance their survival prospects by upping their nut intake.

### How the study was carried out

The researchers compared cholesterol levels in 48 people aged 30-to-65 years old with high levels of 'bad', or LDL, cholesterol over two six-week periods.

The study's participants had identical diets throughout the trial's duration, aside from some being given 43g of unsalted, whole almonds with the skin on and others snacking on a banana muffin with butter every day.

Blood samples were taken to determine the participants' cholesterol levels at the beginning of the study and after each six-week period.

### Boosts 'good' cholesterol by 19%

Results reveal that eating a handful of almonds a day significantly improves people's good cholesterol levels.

Snacking on the nut boosts the amount of the protective substance by 19 percent.

Almonds also improve cholesterol's function by 6.4 percent, resulting in more plaque being removed from arteries.

The findings were published in the Journal of Nutrition.

Professor Penny Kris-Etherton said: 'HDL is very small when it gets released into circulation. It's like a garbage bag that slowly gets bigger and more spherical as it gathers cholesterol from cells and tissues before depositing them in the liver to be broken down.'

'We were able to show that there were more larger particles in response to consuming the almonds compared to not consuming almonds.'

'That would translate to the smaller particles doing what they're supposed to be doing.'

'They're going to tissues and pulling out cholesterol, getting bigger, and taking that cholesterol to the liver for removal from the body.'

Previous research reveals an increase in good cholesterol reduces a person's risk of heart disease.

Almonds also boost overall health by being a good source of healthy fats, vitamin E and fiber.

Professor Kris-Etherton added: 'If people incorporate almonds into their diet, they should expect multiple benefits, including ones that can improve heart health.'

'They're not a cure-all, but when eaten in moderation - and especially when eaten instead of a food of lower nutritional value - they're a great addition to an already healthy diet.'



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